



HERITAGE

Here for each other, call 978-674-4131 to stay in touch.

Aquí estamos una para el otro. Llame al 978-674-1168 para mantenerse en contacto.

Aqui um para o outro, chama 978-674-1167 para ficar em contato.

ពួកយើងនៅទីនេះសម្រាប់គ្នាទៅវិញទៅមក
សូមធ្វើការហៅទូរស័ព្ទមកលេខ 978-735-9247 ដើម្បីរក្សាទំនាក់ទំនង។

Tunawatakia kila la kheri. Tuna wakumbusha pia tuko hapa kwa ajili yenu. Tuwasiliane kwa simu numba 978-674-1174. Asanteni!



On the Move ... In The Park

Mondays 10:30 am
Tuesdays 11:00 am
Wednesdays 12:30 pm
Fridays 10:30 am

Marian Silk is excited for you to work-out with her in the park! Join us at Callery Park ... corner of B Street and Parker Street in Lowell near the Lowell Catholic Schools. Off-street parking is available!
\$16/4 class session

We have limited class size for COVID safety. If you would like to join the class, please call Carol at 978-674-1169.

Baile Aeróbico

Exercise to music with Spanish & English instruction
Thursdays, 10:30am at Callery Park begins May 20
FREE. Sign Up required, call Gladys at 978-674-1168

Vamos hacer ejercicio con música.
Con instructores en Espanol y inglés.
En el CALLERY PARK los Jueves comenzando el 20 de Mayo.

GRATIS.
Es necesario registrarse,
llama a
Gladys al
978-674-1168



Special lunches:



May 5



May 9



May 21



June 20

CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe-Mullin

City Council**Mayor**

John J. Leahy

Vice Chair

Rita M. Mercier

* * * * *

Sokhary Chau

David J. Conway

John Drinkwater

Rodney M. Elliott

Vesna Nuon

Daniel Rourke

William Samaras

**City of Lowell
Veterans Services****Director / Agent**

Eric Lamarche

ELamarche@lowellma.gov

Office Hours:**8:00 A.M. - 4:00 P.M.****Monday - Friday**

Tel: 978-674-4066

Fax: 978-446-7270

Library Senior Center Branch

978-674-1177

Open for computer use
by appointment.**LOWELL
SENIOR CENTER****276 Broadway St
Lowell, MA 01854****978-674-4131**~~~~~
**Monday–Friday:
7 am to 3 pm****Saturday–Sunday:
Open for meals only****Daily Takeout Breakfast:
7:00-9:00 am****Daily Takeout Lunch:
10-11:30 am**~~~~~
Director: Lil Hartman**Receptionist:** Tara Donnelly**Events:** Carol Lannan**Outreach Team**Amy Leal 978-674-1167
(Portuguese, Spanish)Gladys Rosa 978-674-1168
(Spanish)Eunice Wanjiru 978-674-1174
(Swahili)Seila Chuop 978-735-9247
(Khmer, Korean)**COUNCIL ON AGING
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Mary Donnelly**Beverly Gonsalves**John R. Lawlor**Vincenzo Milinazzo**Anne Marie Porter**(Vacant)**(Vacant)*
~~~~~**Next meeting: Monday,  
May 10th by conference call  
at 9:00am****Lowell Health Department**

978-674-4010

For Questions about COVID-19.

Prefer reading  
*The Heritage Newsletter*  
online?Visit: [www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)*Join our e-mail list for weekly  
updates about events, and a notice  
when the newsletter is available  
online.**Please call 978-674-4131 to share  
your email address with us.****Breakfast Daily 7-9am, Lunch Daily 10-11:30am (\$2.50 donation appreciated)****Menu subject to change based on food availability. All lunches are served with milk and bread. A soup of the day will be available frequently during the colder months. Do you like a particular menu item, or have a recipe to share? Please call us at 978-674-1170 to provide feedback or email [jwilkins@lowellma.gov](mailto:jwilkins@lowellma.gov)****We do not offer a lunch bus at this time. If you need hot meals delivered to your home, call Meals on Wheels at 800-892-0890***



# Reopening News

It's an absolute pleasure to begin reopening this spring. We are starting with Monday and Friday indoor activities that don't require getting within 6 feet of each other or sharing supplies. I look forward to seeing you soon for knitting, painting, exercise, computer help, or at the outdoor Farmer's Market!

While we are excited to get together again, we also honor the memory of over 300 Lowell residents who died from COVID-19, and we continue to take health risks seriously. Masks are required at all times when you visit the senior center, hand sanitizer is available, and furniture is 6 feet apart to encourage social distancing. **During vaccine clinics, the senior center is closed for senior activities and drop-in visitors.** To avoid vaccine clinic days, please call 978-674-4131 to schedule your visit.

As of April 14, 59% of Lowell residents age 65-74, and 64% of residents age 75+ are fully vaccinated. The great protection these people enjoy from COVID-19 makes it safer to participate in senior center group activities. If you are not vaccinated and would like to participate safely, we recommend talking to your doctor about the vaccine. **Vaccines are free and easy for Lowell residents to find by calling 978-228-3019 (English, Spanish, Portuguese, Khmer).**



## Medical Loan Program

Walkers, disposable underwear and bed pads available FREE. Call 978-674-4131 for pickup  
*Wheelchair donations needed!*



## The Syringe Collection Program

Senior Center syringe drop-off accepted during meal program hours at our side window. Please call 978-674-4131 for weekday lobby drop-off to avoid vaccine clinic days. Free disposal containers are available while supplies last.



## Get Help with Medicare

Call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days. Statewide, no in-person appointments are available.



Do you have a worn, tattered or falling apart US flag?  
Are you unsure what to do with it?  
Now you can drop it off in one of the US Flag Dropboxes!  
Available at the Senior Center and City Hall.



**\*\*Sign up ahead! Group size dates subject to change based on vaccine clinics needs.\*\***

## **NEW! Painting with Lolita**

Monday afternoons in June  
2nd Floor Classroom

What can you do with a paper and brush? Come discover your own hidden talent, and the fun of painting together with friends. Lolita Demers is a retired school art teacher here to guide your technique. Bring your own supplies (no oil paints) or use individually-packed kits from the senior center. Advance sign-up is required, call Tara at 978-674-4131.



This program is supported in part by a grant from the Lowell Cultural Council, administered by the Mass Cultural Council.

**Cost:** Free, donations appreciated.

## **Knitting & Crochet Group**

Fridays 12:00—3:00 pm  
2nd Floor Classroom

**Newcomers welcome!** Call Gladys at 978-674-1168



## **FREE Fitness Room**

Weekdays by appointment  
Limited capacity for social distancing  
Call 978-674-4131

### **Required:**

- Lowell residents age 60+
- Sneakers
- Doctor's release note dated July 1, 2020 or later



## **Foot Clinic** **with Diane Stanley, RN**

Thursdays,  
May 20th & June 17th  
9:00am – 12:00pm

\$30.00 fee

A Total Foot Care appointment including: foot assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to help maintain self-care, and a relaxing foot massage.

Call for appointments:  
978-674-1167

2nd Floor  
Nurse's Station



## Sign up now for Beach Trips!

- \* Old Orchard
- \* York Beach
- \* Ogunquit
- \* Hampton Beach

Starting in July (dates to be determined), we may be able to take beach trips this year! If you'd like to sign up for beach trips this summer, please call Carol 978-674-1169 to be notified when trips begin.



## Come Shopping with Us! \$1 Round-Trip to Grocery Stores

Please call 978-674-4131 if you need a ride to the grocery store. On grocery trips, attendance will be limited to 4 riders per trip. Please space yourself with at least one empty row of seating between you and the next person and return to the same seat for your return trip.

## CareRide

CareRide, a program of Elder Services of Merrimack Valley, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 60+. Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services.

No need to use a smartphone or pay the driver; bills come to your address monthly, \$4/each way for local trips.



## LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all people age 60+ for medical rides only.

Call Road Runner at  
978-459-0152



## NATIONAL PHYSICAL FITNESS &amp; SPORTS MONTH

MOVE MORE



**1** in **5** adults meet  
physical activity guidelines  
for aerobic and muscle-  
strengthening activities



**1** in **4** children  
participate in the  
recommended 60 minutes of  
physical activity every day

## Adequate physical activity prevents

**1** in **10**  
premature  
deaths

**1** in **12**  
cases of  
diabetes

**1** in **15**  
cases of  
heart disease

## ADULT PHYSICAL ACTIVITY RECOMMENDATIONS

## Aerobic Exercise

**150**  
minutes/  
week for  
moderate-  
intensity  
exercise

— or —

**75**  
minutes/  
week for  
vigorous  
exercise

Strength Training &  
Balance Activities

**2** days  
per week



## Stretching

**Most** days of week





## Donna Miceli presents **Dance MOVES**



**Tuesdays with a computer or smartphone**  
May 11, 25 & June 8, 22

Dancing is a great form of exercise that provides physical, cognitive, creative and social benefits. Donna Miceli and Carolyn McCarthy lead a dance class designed for people with Parkinson's or other mobility challenges. Choose a seated or standing version of each exercise. No dance experience is necessary.

To register and get a Zoom invitation, please email Donna at [miceli.dmdc@gmail.com](mailto:miceli.dmdc@gmail.com). This program is supported in part by a grant from the Lowell Cultural Council, administered by the Mass Cultural Council. **Cost:** Free, donations appreciated.

## CTI Bone Builders

Jean Jacoppi, a leader of Bone Builders at Tyngsboro Senior Center, has created a video for all to access through Youtube. Simply search for: **Crystal Lake RV Bone Builders**. The video is in two parts. All are welcome to exercise to it. Comfortable Weights are necessary.



## *Living My Dream Yoga*

**Christine Connolly RN, BSN**

500 hr Kripalu Yoga Teacher

Reiki II Practitioner

[www.livingmydreamyoga.com](http://www.livingmydreamyoga.com)

Zoom Classes ... Tuesdays 10:00 am ... Free

## Get Fit, Stay Fit from Home

On Lowell cable Channel 8 or [www.LTC.org](http://www.LTC.org)

Yoga Mondays 1:30

On the Move Tuesday 1:30pm

Young at Heart Wednesdays at 3pm

Tae Kwon Do Wednesday 8pm

Recovery Fitness Wednesday 8:30pm

On the Move, Friday 3pm and Saturday 10:30am

Seniorcize, Saturday 3pm



## ***Beginner painting class with art instructor Lolita Demers in your home on LTC Channel 8!***

We have class materials available for pickup at the senior center, \$2 suggested donation. Please call 978-674-4131 to register and collect your painting kit. We will provide a schedule for when to catch the class on TV, and YouTube link if you prefer.

Pictured: Lolita's bottle painting class at the Senior Center, Oct. 2019

*This program is supported in part by a grant from the Lowell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*



# A VIRTUAL MEMORY CAFÉ

FEATURING LIVE  
ENTERTAINMENT!

### WHAT IS A MEMORY CAFÉ?

A place where people with memory loss and their caregivers can be themselves, share stories and discover helpful hints in a supportive, safe and fun environment.

### WHERE AND WHEN?

- Virtual cafés will occur monthly on the 3rd Thursday of the month
- 10:00 AM-11:00 AM
- Via ZOOM

### REGISTRATION IS FREE AND EASY

- Registration is required for this event.
- Please RSVP to Candace Walker by calling 1-978-569-1016 or emailing [memorycafé@dyouville.org](mailto:memorycafé@dyouville.org)
- Register no later than the Monday before the café to reserve your space and receive your ZOOM link.





## 1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY  
BARNEY MILLER  
BIONIC WOMAN  
BONANZA  
BRADY BUNCH

CHARLIE'S ANGELS  
EMERGENCY  
FANTASY ISLAND  
GOOD TIMES  
GUNSMOKE

HAPPY DAYS  
HOGAN'S HEROES  
LAND OF THE LOST  
NIGHT GALLERY  
POLICE WOMAN

ROCKFORD FILES  
THE JEFFERSONS  
THE ODD COUPLE  
THE WALTONS  
THREES COMPANY

[www.WordSearchAddict.com](http://www.WordSearchAddict.com)

## Volunteer with us!

The City has decided to reopen the Elderly and Veterans Volunteer Program for Fiscal Year 2022. You may be able to help a city department for up to 100 hours and earn a reduction in your property tax bill. Spots in this program are limited. To sign up, call 978-674-1102 or visit the Lowell Assessor's Office, City Hall, 1st Fl. Room 36, starting July 1, 2021.

Meals on Wheels is seeking volunteer drivers to deliver lunches for seniors in Lowell. These folks get a daily stipend for vehicle costs, and are also eligible for the Elderly and Veterans Volunteer Program (see above). Please let the senior center know if you're interested.

Do you like to work out with friends? CTI is seeking new volunteers to lead its strength training class at the senior center. Bone Builders leaders are part of the AmeriCorps Senior Program and enjoy volunteer benefits. Please let the senior center know if you're interested.

# Takeout Lunch Menu: May - June 2021

May/June 2021

| Sunday                                                                                  | Monday                                                                      | Tuesday                                                                                 | Wednesday                                                                             | Thursday                                                                                               | Friday                                                                                                 | Saturday                                                                                    |
|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 2. Beef Stew<br>potato, car-<br>rots, cake                                              | 3. Teriyaki Pork<br>potato, broccoli,<br>fruit salad                        | 4. BBQ Chick-<br>en, rice, peas,<br>apple                                               | 5. Beef Taco<br>rice, beans, let-<br>tuce, tomato,<br>onions, strawber-<br>ries       | 6. Stir Fry Beef<br>pasta, carrots,<br>pea pods, toma-<br>to, watermelon                               | 7. Baked<br>Stuffed<br>Chicken, stuff-<br>ing, potato,<br>green beans,<br>pineapple                    | 8. Chicken Patty<br>gravy, rice, car-<br>rots, fruit salad                                  |
| 9. Shepherds<br>Pie, potato,<br>corn, pears                                             | 10. Chicken<br>Soup, rice, car-<br>rots,<br>celery, onions,<br>blueberries  | 11. Cheese<br>Ravioli,<br>ground pork,<br>sauce, pasta,<br>spinach, toma-<br>to, cookie | 12. Spaghetti,<br>meatballs, gar-<br>den salad, pud-<br>ding                          | 13. Spanish<br>Chicken, potato,<br>rice, carrots,<br>onions, straw-<br>berries                         | 14. Baked Pol-<br>lock, potato,<br>green beans,<br>banana                                              | 15. Turkey Chili<br>rice, spinach,<br>orange                                                |
| 16. Cheese<br>Steak, pasta<br>salad, cake                                               | 17. Oven Fried<br>Chicken, potato<br>Cole slaw,<br>banana                   | 18. BBQ Pork<br>Loin, rice, car-<br>rots, mandarin<br>orange                            | 19. Lasagna<br>meat sauce, pasta<br>carrots, cookie                                   | 20. Chicken Lo<br>Mein, noodles,<br>carrots, peas,<br>cabbage,<br>applesauce                           | 21. Scampi<br>shrimp, chicken,<br>egg noodles,<br>tomato, onions,<br>carrots, cake                     | 22. Meatloaf<br>potato, gravy,<br>mixed veggies,<br>pears                                   |
| 23. Chicken<br>Salad, pasta<br>salad, lettuce<br>tomato, fruit<br>salad                 | 24. Stuffed<br>Cabbage, pota-<br>to, stewed pota-<br>toes, pears            | 25. Liver &<br>Onions,<br>mashed pota-<br>toes, steamed<br>carrots, apple               | 26. Chicken<br>Parm., pasta,<br>green beans, to-<br>mato sauce, ap-<br>plesauce       | 27. Beef Stir<br>Fry, rice, pep-<br>pers, onions, pea<br>pods, pineapple                               | 28. Chicken<br>Alfredo Pasta,<br>peas, cookie                                                          | 29. Stuffed<br>Peppers, rice,<br>carrots, apple                                             |
| 30. Cheese<br>Burger, potato<br>salad, lettuce,<br>tomato, on-<br>ions, water-<br>melon | 31. CLOSED                                                                  | 1. Chicken a la<br>King, rice,<br>peas, carrots,<br>Pudding                             | 2. Lasagna, veg-<br>gies, turkey gra-<br>vy, garlic bread,<br>broccoli, pears         | 3. Spanish<br>Chicken, pota-<br>toes, rice, car-<br>rots, tomatoes,<br>onions, peppers,<br>fruit salad | 4. Baked Pol-<br>lock, potatoes,<br>peas, cake                                                         | 5. Sausage Sub<br>potato salad, pep-<br>pers, onions, to-<br>matoes, cucum-<br>bers, cookie |
| 6. Stuffed<br>Shells, beef,<br>sauce, salad,<br>pineapple                               | 7. Herb Chick-<br>en, rice pilaf,<br>carrots, cake                          | 8. Pot Roast<br>potato, green<br>beans, fruit<br>salad                                  | 9. Chicken Broc-<br>coli, ziti pasta,<br>carrots, cauli-<br>flower, strawber-<br>ries | 10. Portuguese<br>kale soup, pork<br>sausage,<br>potato, rice, on-<br>ions, tomato,<br>pudding         | 11. BBQ Spare<br>Ribs, rice, Cole<br>slaw, applesauce                                                  | 12. Ziti, meat-<br>balls, salad, pears                                                      |
| 13. Chicken<br>Salad Sub,<br>pasta, salad,<br>strawberries                              | 14. Oven Fried<br>Chicken, egg<br>noodles, peas,<br>peaches                 | 15. BBQ<br>Chicken, rice,<br>peas, apple                                                | 16. Pork Shoul-<br>der, broccoli.,<br>roasted potatoes,<br>corn, mandarin<br>oranges  | 17. Chicken Pie,<br>mashed pota-<br>toes, mixed veg-<br>gies, cookie                                   | 18. London<br>Broil Beef, po-<br>tato, green<br>beans, ice cream                                       | 19. Lemon Pep-<br>per Chicken, rice,<br>broccoli, cake                                      |
| 20. Cheese<br>Burger,<br>French fries,<br>salad, cookie                                 | 21. Stuffed Pep-<br>per, potato, to-<br>mato, spinach,<br>pineapple         | 22. Shrimp<br>Scampi, rice,<br>peas, tomato,<br>onions, apple                           | 23. Turkey Din-<br>ner, potato,<br>stuffing, gravy,<br>squash, carrots,<br>pears      | 24. Roast Pork<br>Loin, rice pilaf,<br>peas, pudding                                                   | 25. Seafood<br>Stew, shrimp,<br>mussels, Pol-<br>lock, white rice,<br>tomato, onions,<br>peas, peaches | 26. Hot Dog,<br>beans, pork chili,<br>potato salad,<br>peaches                              |
| 27. Meatloaf,<br>mashed pota-<br>toes, green<br>beans, blue-<br>berries                 | 28. Chicken<br>Sandwich, pasta<br>salad,<br>cukes, onions,<br>celery, pears | 29. Cheese<br>Ravioli, meat<br>sauce, pasta,<br>peas, carrots,<br>apple                 | 30. Stuffed Cab-<br>bage, potato,<br>corn, fruit cock-<br>tail                        |                    |                                                                                                        |                                                                                             |

## The Elder Community Market

This program will likely start on Friday, July 16<sup>th</sup> from 9:45am-10:15am. It will run for 12 weeks to Friday, October 1<sup>st</sup>. The program will serve 80 Greater Lowell residents.

There will be two groups (40 people in each group) which will alternate weeks. Thanks to ESMV, the produce will be provided to each elder for FREE every week!

**Please call the senior center at 978-674-4131 after May 1** to complete an application over the phone



## COALITION FOR A BETTER ACRE

Monthly Food Bank

We deliver anywhere in the City of Lowell

**Contact Jennifer 978-856-6646  
or Mitchy 978-856-6625**

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**FOOD  
BANK**



**BROWN  
BAG**

A distribution of pre-bagged groceries

In partnership with

Elder Services of the Merrimack Valley, Inc.



**DATES: 4<sup>th</sup> Tuesday**

**May 25, 2021**

**June 22, 2021**

**July 27, 2021**

**FOR INFORMATION,  
CONTACT:**

Laura Marsan  
(978) 946-1303  
Justin Jordan  
(978) 946-1279

**Please bring reusable  
bags, baskets, or a cart  
to carry your food.**

MEMBER OF  
**FEEDING  
AMERICA**

### First Lowell Rehab Apartments

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com





*Special thanks to Chovy In, a Nurse Practitioner student at Rivier University (Nashua, NH) for contributing this article, and to Seila Chuop for assistance with Khmer translation.*

Diabetes is one of the biggest health problems. The disease is likely to increase by 425 million in 2017 to 629 million by 2045. In the U.S, 10.5% of the U.S population had diabetes, and the percentage of adults with diabetes increased with age (Centers for Disease Control and Prevention, 2020). According to the CDC, more than 13% of non-Hispanic Blacks, 11.2% of Asian Americans, and 10.3% of Hispanics, compared with 9.4% of non-Hispanic whites, live with diabetes (Brown-Riggs, 2021).

Research shows that making healthy lifestyle choices can help you manage your blood sugar levels in the short term and may even prevent many long-term health complications associated with diabetes. According to the American Diabetes Diet (ADA), a Mediterranean-style diet and Dietary Approaches to Stop Hypertension (DASH) are good starting points for a diabetic eating plan to accommodate your personal eating preferences. These two diet styles have two important reasons: they are mostly whole foods, meals built around vegetables rather than carbohydrates (McQuillan, 2019).

**Mediterranean style diet** consists of:

Regular consumption of olive oil (the main source of added fat)

Plant food (cereal, fruits, vegetables, legumes, tree nuts, and seeds)

Moderate consumption of fish, seafood, and dairy by limited use of red meat (Lacatusu, Grigorescu, Floria, Onofriescu & Mihai, 2019).

Starting **DASH** does not make big changes overnight, instead making whatever small changes seem most manageable to you:

Add one vegetable or fruit serving to every meal.

Begin two or more meat-free meals each week.

Use herbs and spices to make food tastier without salt.

Snack on almonds or pecan instead of a bag of chips

Switch white flour to whole-wheat flour when possible.

Limit foods that are high in saturated fat, such as fatty meats.

Limit sugar-sweetened beverages and sweets.

Take 15-minute walk after lunch or dinner (or both).

(National Heart, Lung, and Blood Institute, 2020)

Also, the Plate Method by the American Diabetes Association is a simple method of meal planning.

Fill half your plate with non-starchy vegetable, such as spinach, carrots, and tomatoes.

Fill a quarter of your plate with a protein, such as tuna lean pork or chicken.

Fill the last quarter with a whole-grain item, such as brown rice or a starchy vegetable, such as green peas.

Include “good” fats such as nuts or avocados in small amount.

Add a serving of fruit or dairy and a drink of water or unsweetened tea or coffee.

Welcoming a healthy-eating plan is the best way to keep the blood glucose level under control and prevent diabetes complications.

**ពេញវេលាដែលអ្នកអាចស្វែងរកសំណើប្រគល់ជូនដល់ទឹកនោមផ្អែម**

- ទឹកនោមផ្អែមគឺជាជំងឺដ៏ធំមួយ។ជំងឺនេះបានកើតឡើង៤២៥លាននៅឆ្នាំ២០១៧និងទំនងនឹងកើតឡើងទៅដល់៦២៩លាននៅឆ្នាំ២០៤៥។នៅក្នុងសហរដ្ឋអាមេរិក ១០.៥ភាគរយនៃប្រជាជនអាមេរិកមានជំងឺទឹកនោមផ្អែមហើយភាគរយរបស់អ្នកកើតទឹកនោមផ្អែមបានលើកឡើងតាមអាយុ។
- តាមរយៈCDCមូលដ្ឋានការពារជំងឺរបស់សហរដ្ឋអាមេរិកអ្នកដែលមានជំងឺទឹកនោមផ្អែមច្រើនជាង១៣ភាគរយគឺជាជនជាតិស្បែកខ្មៅ១១.២ភាគរយគឺជាជនជាតិអាស៊ី ១០.៣ភាគរយជាជនជាតិអេស្ប៉ាញនិង៩.៤ភាគរយនៃជនជាតិស្បែកសដែលមានជំងឺទឹកនោមផ្អែម។
- ការស្រាវជ្រាវបានបង្ហាញថា ការរស់នៅមានសុខភាពល្អអាចជួយអ្នកគ្រប់គ្រងជាតិស្ករក្នុងរយៈពេលខ្លីហើយក៏ជួយការពារជំងឺខ្លាំងក្លាផ្សេងៗនៅពេលខាងមុខទៀតដែលទាក់ទងនឹងជំងឺទឹកនោមផ្អែម។
- តាមរយៈ ADA សមាគមទឹកនោមផ្អែមរបស់អាមេរិក វិធី Mediterranean និងវិធី DASH គឺជាការចាប់ផ្តើមដ៏ល្អសំរាប់ផែនការអាហាររបស់អ្នកជំងឺទឹកនោមផ្អែមនិងរបៀបពិសោធន៍របស់អ្នក។ផែនការអាហារទាំងពីរនេះមានមូលហេតុសំខាន់ពីរយ៉ាងគឺពួកគេប្រើអាហារដែលមិនកែច្នៃនិងអាហារដែលមិនមានបន្លែជាតិស្ករ។
- វិធី Mediterranean គឺមានដូចជា៖
  - ការទទួលទានអាហារដែលមានប្រេងអូលីវ(ប្រើជំនួសខ្លាញ់ដែលបន្ថែម)
  - ការទទួលទានអាហារដែលជារុក្ខជាតិ(ធញ្ញជាតិ ផ្លែឈើ បន្លែ គ្រាប់ដើមឈើ)
  - ការទទួលទានត្រី គ្រឿងសមុទ្រសមល្មមហើយកាត់បន្ថយសាច់ក្រហម។
- វិធីពិសោធន៍តាមDASHមិនអាចប្តូរបានក្នុងមួយប៉េនេត្រឡើយត្រូវការប្តូរវាបន្តិចម្តងៗតាមដែលយើងអាចធ្វើទៅបានមានដូចជា៖
  - បន្ថែមបន្លែមួយឬផ្លែឈើមួយទៅក្នុងអាហារគ្រប់ពេលបរិភោគ
  - ចាប់ផ្តើមកុំពិសាសាច់ពីរដងឬច្រើនដងក្នុងមួយសប្តាហ៍

**2. ប្រើប្រាស់ទំនើប្បវេណីពេញវេលាដែលអ្នកអាចស្វែងរកសំណើប្រគល់ជូនដល់ទឹកនោមផ្អែម**

- ពិសាគ្រាប់អាល់ម៉ុង (Almond) ឬ Pecan ជំនួសជំនួសបំពង
  - **ប្រព័ន្ធការពន្យារពេលសម្រាប់អ្នកដែលមានជំងឺទឹកនោមផ្អែម**
  - កាត់បន្ថយការទទួលទានភេសជ្ជៈដែលមានជាតិស្ករ
  - ធ្វើលំហាត់ប្រាណដើរ១៥នាទីបន្ទប់ពីអាហារថ្ងៃត្រង់ឬអាហារពេលល្ងាចបន្ថែមទៀតនោះPlate Method គឺជាវិធីសមញ្ញក្នុងការរៀបចំអាហារ៖
    - បំពេញបានអាហារពាក់កណ្តាលជាមួយបន្លែដែលគ្មានជាតិស្ករដូចជាការ៉ុតនិងប៉េងប៉េង៖
    - បំពេញបានអាហារ១ភាគ៤ទៀតជាមួយអាហារមានផ្ទុកសារជាតិប្រូតេអ៊ីនដូចជា ជាត្រីតូណា សាច់ជ្រូកឬសាច់មាន់ស្អាត
    - បំពេញបានអាហារ១ភាគ៤ផ្សេងទៀតជាមួយនឹងគ្រាប់ធញ្ញជាតិទាំងមូលដូចជា អង្ករសម្រូប បន្លែដែលមានជាតិស្ករដូចជាផ្លែសណ្តែកខៀវ
    - បន្ថែមសារជាតិ “ខ្លាញ់ល្អ” ដូចជាគ្រាប់ធញ្ញជាតិឬផ្លែប៊ឺរមួយចំណែកតូចទៀតក្នុងអាហារ
    - បន្ថែមផ្លែឈើមួយ ឬទឹក ឬក៏តែ ការហូរដែលគ្មានស្ករ
- សូមស្វាគមន៍មកកាន់ការទទួលទានអាហារមានសុខភាព គឺជាវិធានការមួយសំខាន់ដែលអាចថែរក្សាទឹកជាតិស្ករក្នុងខ្លួនក៏ដូចជាគ្រប់គ្រងនិងជួយការពារទប់ទល់នឹងជំងឺដទៃទៀតដែលទាក់ទងនឹងជំងឺទឹកនោមផ្អែម។



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- ✖ **15% increase in benefit amount.**
- ✖ **SNAP does NOT affect immigration status.**
- ✖ **If you have a child ages 0-5, you'll also get P-EBT benefits.**

**PROJECT BREAD**

## Pollard Memorial Library

Tech@Home:  
online tutorials for new and intermediate computer users at  
<https://lowelllibrary.org/services/tech-home/>

Tech Nights:  
At the Pollard Memorial Library (main branch),  
Wednesday nights from 6-7PM or 7-8PM.  
Sign up to meet with the IT Specialist to troubleshoot a device, receive instruction for a specific software, or get assistance with a specific computer-related task.

Tech Days:  
**Tech Days at the Senior Center are only for persons 60-years or older**, Friday mornings  
from 10-11AM or 11-12PM.

Reservations are necessary for Tech Days and Tech Nights. Visit [lowelllibrary.org/events/](https://lowelllibrary.org/events/) or call the Reference Department at 978-674-4121.



The Monarch Butterfly Migration is one of nature's most fascinating wonders. Each year, close to 20 million Monarch Butterflies begin their perilous 3,000 miles-long journey from Mexico to the USA ... creating one of nature's most fascinating natural migrations. Their migration from Mexico to Massachusetts peaks in May and June! Keep your eyes open!

## FREE KINDLE LOAN PROGRAM

If you would like to participate in a web-based class but don't have a computer or smartphone, Lowell Senior Center can lend an Amazon Kindle for 30-day periods for you to take home.



Some tech support may be available through the Library or volunteers, please let us know what help you need.

You will need to have your own internet access from home, public hotspots, or the Senior Center.

Income eligible households may qualify for \$10/month internet service through [internetessentials.com](https://internetessentials.com).



## **FREE Captioned Telephone Service for Hearing Loss**

Living with hearing loss can make daily life exhausting. Trying to keep up with conversations and concentrate on what is being said can be overwhelming, and often the easier thing to do is not participate at all. This is particularly true when speaking on the phone. However, there is hope.

CaptionCall is a FREE captioned telephone service that allows people with hearing loss to read what a caller is saying. The CaptionCall phone displays big, easy-to-read text that automatically scrolls during your conversation. It dials, rings, and works just like a regular phone. **All services including installation, hands-on training, and ongoing customer support are FREE.**

To see if you qualify for CaptionCall service or for more information, please call or text manager Peter Johnson at 617-862-6849 or [pjohnson2@captioncall.com](mailto:pjohnson2@captioncall.com).



**Manage Anxiety & Stress:** Need Help? Know Someone Who Does? Contact the Disaster Distress Helpline at 1-800-985-5990

**National Suicide Prevention Lifeline** 1-800-273-8255: Provides free and confidential support 24/7 for people in distress and crisis...

## **Access YOUR Veterans Benefits!**

Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased Veterans are provided with the same benefits as if the Veteran were still living.

If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov) or by phone at 978-674-4066. Eric can also assist veterans in applying for VA assistance.

**Senior Abuse Hotline**  
Report suspected abuse  
1-800-922-2275

**Elder Services of Merrimack Valley**  
Meals on Wheels, Home Care, Case Management, Support for Seniors and Caregivers  
1-800-892-0890

**Legal Services Assistance & Referrals**  
1-800-342-5297

**Fuel Assistance**  
978-459-6161

**DTA Hotline (SNAP)**  
Direct line for seniors:  
1-833-712-8027

**MassHealth**  
1-800-408-1253

**Social Security**  
1-800-772-1213

## **Friends of Lowell Council on Aging**

Thank You for your interest in being a part of the Friends of the Lowell Council on Aging. FLCOA is the fundraising group for the Lowell Senior Center. Annual Fee is \$5 Per Person and membership includes voting rights — please mail in a check rather than stopping by the lobby to help reduce our foot traffic. Meetings are held on the last Friday of the month at 9:30 a.m.

We are an organization whose purpose is to organize and operate charitable events, development of endorsements and contributions that will enhance the services and fellowship for seniors through the Lowell Council on Aging.

There is no age restriction for joining. Everyone is welcome.

~~~~~

We hope you've had an opportunity to get vaccinated by this time. We plan to have our regular scheduled meetings on the last Friday of May and June at 9:30am, upstairs at the Lowell Senior Center.

Pre-registration is required for the public to attend these meetings, to help us plan and maintain COVID capacity limits.

Please call Tara at 978-674-4131 to sign up for this meeting.



Photo: National Anthem at our Dinner Dance, November 2019



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post-election)**

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Office: 978-674-1175

~~~~~  
**Friday, May 28
at 9:30 am**

The Friends are responsible for many of the furnishings in our dining room, including tables and commercial coffee maker. They've also sponsored newsletter mailing to your home for the past year.

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FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL, THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.



2021 Outdoor Mobile Market Schedule

Growing a healthy community

Tuesdays	Wednesdays	Thursdays	Fridays
Lowell Community Health Center at 161 Jackson St	Boys and Girls Club at 657 Middlesex St	Lowell Senior Center at 276 Broadway St	Lowell Farmers Market at 155 Merrimack St
10:00 am to 12 noon	2:00 pm to 4:00 pm	4:00 pm to 6:00 pm	12:00 noon to 5:00 pm
starting 4/27	starting 6/2	starting 5/20	starting 7/9

Mobile Market Payment Options

Mobile Markets accept cash, credit, debit, SNAP/EBT. We also participate in the state's Healthy Incentives Program (HIP). If you are a recurring HIP customer, experiencing financial hardship, or facing food insecurity, we encourage you to call us at 978-455-2620 to discuss your payment options.

